

ROBISON

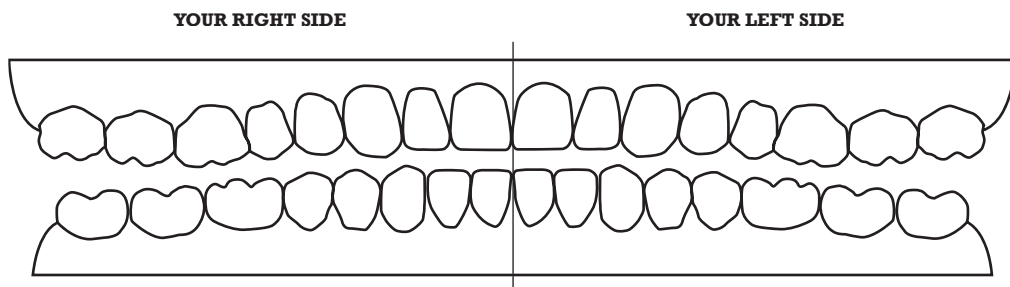
ORTHODONTICS

ELASTICS (RUBBER BANDS)

Elastic wear is a vital part of your orthodontic treatment. Your cooperation is required before the braces can be removed. Elastics are worn to help obtain the proper bite by making the upper and lower teeth fit together correctly. A proper bite can only be achieved with consistent elastic wear. They are the simplest way to correct your bite. Without your cooperation, more invasive and possibly uncomfortable methods will be employed to correct your bite.

INSTRUCTIONS:

- Wear your elastics **24 hours everyday**, unless instructed otherwise. Elastic wear while eating is strongly encouraged as that is when your jaws are moving and your teeth will move quicker.
- Elastics should be changed 3-4 times daily - after brushing your teeth in the morning, again in the evening, and after every meal.
- Carry elastics with you at all times. If one breaks, replace the elastic as soon as possible.
- If you lose or run out of elastics before your next visit, come by or call us and we will help you to get more.
- If you cannot wear your elastics because of a loose bracket, or other problem, call immediately so we can schedule an appointment for the necessary repairs.
- The elastics will make your teeth sore for the first few days you wear them. It takes 1-2 days for the soreness to subside. Your teeth will move if the elastics are worn continuously. If you were to stop wearing the elastics for any period of time prior to your bite being corrected, your teeth would go back to their original positions and you would need to start the process over again.
- If you wear the elastics for only half the time, stop, start, stop, start and don't have them in as prescribed, the teeth will not move and will always be sore. The teeth move and soreness goes away only when you wear them all of the time.



ELASTIC TYPE: **Switzerland** **India** **Other** _____

POOR ELASTIC WEAR WILL INCREASE YOUR TREATMENT TIME.